



NEVER

In & Out Workout Plan

to build an athletic physique in less than a football match per week

How it works...

The program is made up of 3 x Full Body gym sessions per week.

This allows for more “Opposing Supersets” - Performing 2 exercises back to back, where there is no overlap in the muscle groups being worked, effectively getting in 2 exercises in the timeframe you would only otherwise get 1.

E.g. the first session shows barbell bench press superset with dumbbell Bulgarian split squats.

So you would do your first set of bench press, then into a set of split squats, rest, then repeat.

You should know...

To build a lean athletic body, it's not just how you structure your gym sessions but how you perform in them.

You should work to a high intensity, meaning every set is no more than 3 reps from failure.

You should progressively overload, meaning every week you should always look to lift an extra rep or the next weight up, where it's safe to do so.

Follow this program, working this way & you'll be sculpting a body you feel proud of.

Session 1

Barbell Bench Press

8-10 reps - 4 sets

Superset with

Dumbbell Bulgarian Split Squats

8-10 reps - 4 sets

Lat Pull-Down

10-12 reps - 4 sets

Superset with

Dumbbell Lateral Raise

12-15 reps - 3 sets

Hamstring Curls

12-15 reps - 3 sets

Superset with

Dumbbell Bicep Curls

12-15 reps - 3 sets



Session 2

Barbell Romanian Deadlift

8-10 reps - 4 sets

Superset with

Dumbbell Overhead Press

8-10 reps - 4 sets

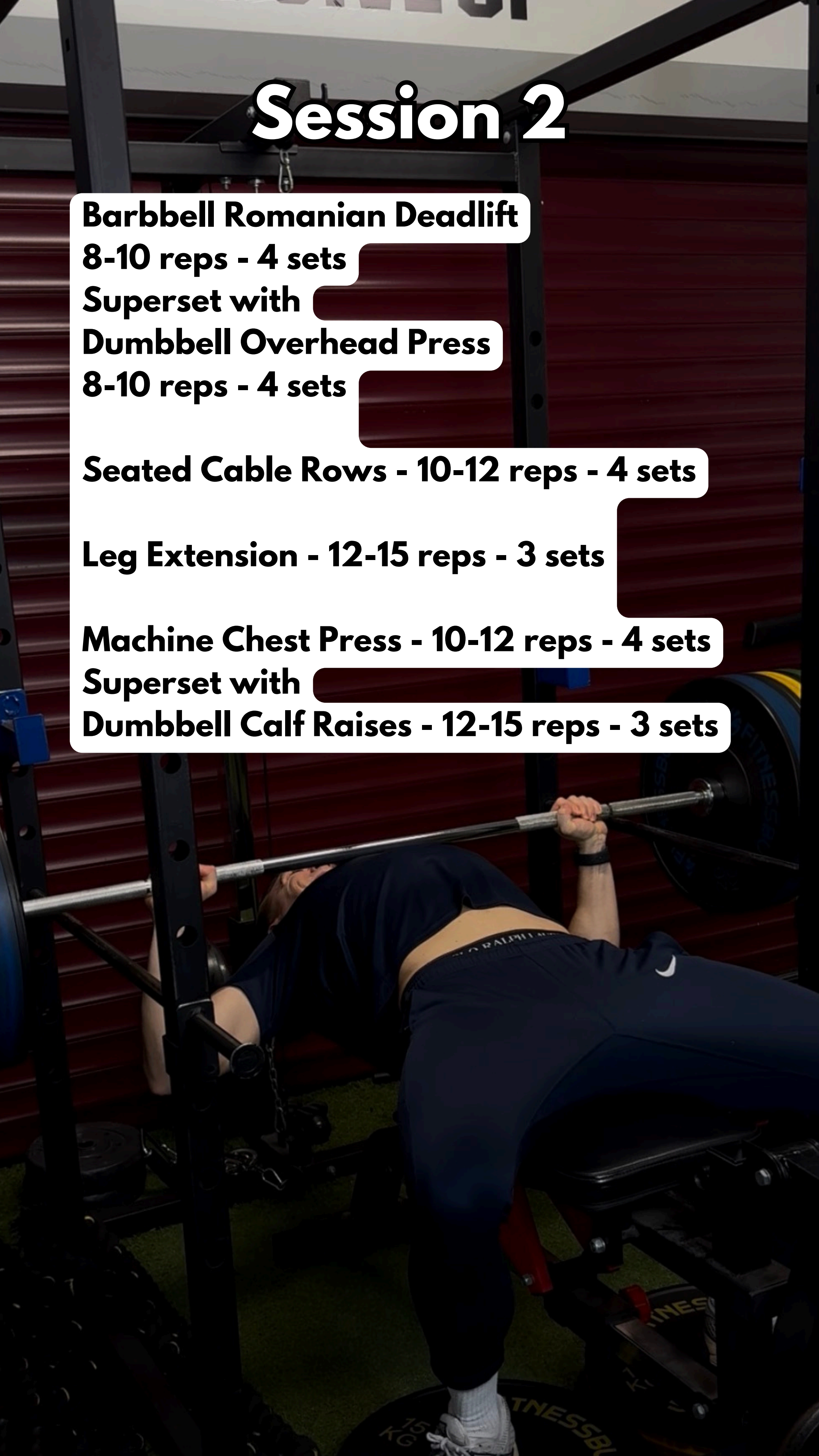
Seated Cable Rows - 10-12 reps - 4 sets

Leg Extension - 12-15 reps - 3 sets

Machine Chest Press - 10-12 reps - 4 sets

Superset with

Dumbbell Calf Raises - 12-15 reps - 3 sets



Session 3

Barbell Back Squat - 8-10 reps - 4 sets

Superset with
Single Arm Dumbbell Row
8-10 reps - 4 sets

Incline Dumbbell Bench Press

10-12 reps - 4 sets

Incline Hammer Curls

12-15 reps - 3 sets

Cable Tricep Extension -

12-15 reps - 3 sets

Superset with

Facepulls - 12-15 reps - 3 sets



You're all set

Follow what I've outlined in this program, and you'll be shaping that athletic build in no time.

If you'd like to take it a step further, tap the button below to follow the program on my app, where you can:

- Watch “How-to” videos on form
- Log your workouts to track progressive overload
- Swap out any exercises you can't do

I'll give you access completely
FREE

TAP HERE